



Re-Imagine 2023

Future step to end 2023. At the end of the year, how would like your life to be transformed?

How do you want to feel and not feel at the end of 2023?

Questions to guide your thinking

Your Vision – what do you really want?

- What does living your best life look like for you?
- What does doing your best work look like for you?
- Go deeper, quietly ask yourself ‘what is it that I really, really want?’ and listen as the whisper gets louder.
- What is important to you in these changed pictures?
- How would you measure yourself right now against those pictures?

What needs to change?

- What needs to change to shift you towards your ideal state(s)?
- What do you need to stop doing, start doing and continue doing?
- What habits do you want to build, what habits do you want to break? (read **Atomic Habits** by James Clear to get started).

What will you do?

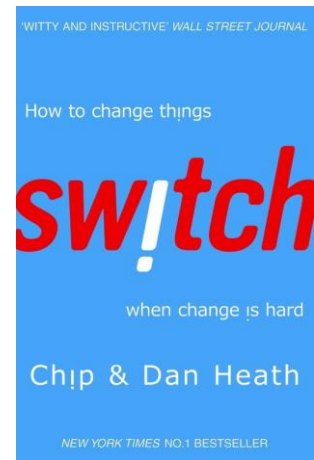
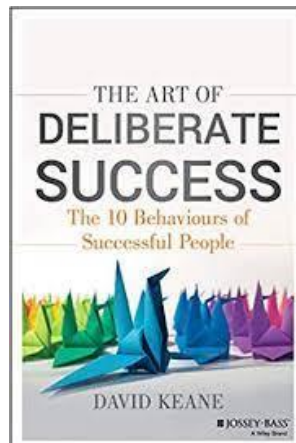
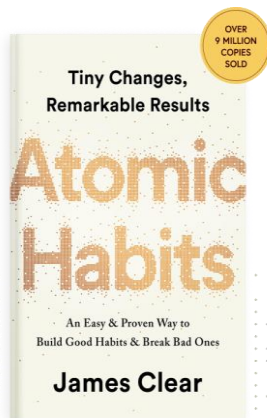
- What small and large actions will you take (start small and easy)
- List 5 – 7 most important things you will do to move towards your vision and goals

What might get in the way of you achieving your actions?

- How do you sabotage yourself? (Be honest)
- Who do you have around you to keep you accountable; what would you specifically ask them to do for you?

If you are a leader of people, how do you first need to lead yourself?

Some Great Reads



Great Listens



Exposing, thought provoking, made me think and squirm a little!

Check out part 2 for the full story

<https://open.spotify.com/episode/3Vj9HjaN7f6TNHWoydgZ7c>



This is a goodie! What's happening in the workplace right now?

Culture, teams, toxic stars/toxic assholes

<https://open.spotify.com/episode/0HHSgFQw u6XlrXityQyZcV>